

REFLECTIONS

Vol. 33 No. 10

October 2018



*Be an encourager,
The world has enough
critics already.*





John's Jottings

by John Landis, Chaplain

Reconciliation

God has provided His salvation for us. There are things he gives to us that make our salvation complete.

1. **Confession** - Agreeing with God that we are sinners and do sin
2. **Repentance** - Turning away from sin and to Jesus
3. **Restitution** - Agreeing to make our wrongs right
4. **Justification** - Being vindicated and found innocent
5. **Reconciliation** - Love and peace with God, others and ourselves

These things are experienced together within us as the Holy Spirit renews us. The Spirit cleanses us and clothes us with the righteousness of Jesus Christ. The Holy Spirit teaches us, guides us and empowers us to live as Jesus would live. He feeds us with the Bread of Life. He gives us the refreshing Water of Life to drink. He gives us the Light of the World to see the pathway of Jesus to live. He provides power to grow in the grace and knowledge of Jesus in serving the Lord Jesus. He fills our cups to full and overflowing with the blessings of heaven. He turns our eyes toward Jesus to see His glory and grace as we look into Jesus face. **Yes, this is all a part of our reconciliation with Jesus!!!**

According to the Apostle Paul in his letter to the Philippians, God does all the above things for us. (Phil.2:12-13). Is that wonderful or not? God is so good and wise in his provision of salvation. Satan does not like what Jesus provides. Satan wants to mess things up. He wants to destroy us, taking us with him on a journey of false pretense. Satan wants us to live a life that is a sham and has the appearance of being good. When Jesus offers us a life of love, joy and peace that is real, why let Satan even have a chance to talk with us. Let us faithfully follow our Shepherd and Savior, Jesus.



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MISSION STATEMENT:

The mission of Countryside Christian Community is to provide for the emotional, physical, spiritual and social needs of our residents in a Christ centered environment.

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Please note that a donation or contribution to Countryside Christian Community is purely voluntary. A contribution is in no way a requirement for a business relationship, residency or a continued stay in the community. All residents will receive the same standard quality of care notwithstanding contributions in their name. Countryside Christian Community operates as a not-for-profit Christian ministry of the United Christian Church and serves older adults without regard to race, color, national origin, ancestry, sex, physical handicap, disability or religious creed. The official registration and financial information of Countryside Christian Community may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Early Warning Signs of Parkinson's Disease

Submitted by Diane Grumbine, Staff Development

Parkinson's Disease Awareness has grown in recent decades due to the publicity from actor, Michael J. Fox and other well-known public figures. It affects about one million Americans and 10 million people worldwide. It is much more common in elder adults but about 10% of people with Parkinson's Disease are diagnosed before age 50.

Parkinson's Disease is a movement disorder, it is progressive and life-long. There has been a lot of research in recent years with increased understanding and improved therapies for the disease. There is no cure...yet. As with most diseases and disorders, early diagnosis is important for opportunities to slow the progress of the disease. Parkinson's Disease symptom progression can often be delayed with the proper care and lifestyle changes.

Here are 10 early warning signs of the disease:

1. Tremor or slight shaking in fingers, thumb, hand or chin. A tremor while at rest is a common early sign.
2. Small handwriting can be a sign if it is a change from what it was in the past. A handwriting change called *micrographia* may be a sign of Parkinson's.
3. Loss of Smell: The inability to smell foods like bananas, dill pickles or licorice is a possible early sign. Let your physician know if you notice this is happening.
4. Trouble Sleeping: Sudden movements during sleep and acting out dreams when deeply asleep is common with Parkinson's. Thrashing around during sleep is a symptom.
5. Trouble moving or walking: A feeling of stiffness in body, arms or legs or feeling as though your feet are stuck to the floor can be a sign. Others may notice that you don't swing your arms when you walk, you should mention this to your physician.
6. Constipation: Frequent constipation despite eating enough fiber and drinking adequate liquids can be a problem for people with Parkinson's.
7. Soft or Low Voice: Other people may notice that your voice is very soft or that you sound hoarse and this is a change from the normal volume of a person's voice you should take note and tell your doctor.
8. Masked Face: A serious, depressed or angry look when a person is not in a bad mood is a hallmark sign of Parkinson's Disease.
9. Dizziness or fainting: may occur in individuals with Parkinson's.
10. Stooping or hunching over: Leaning or slouching while standing can indicate Parkinson's (if this is a change from the individual's normal posture).

Every one of these symptoms can also be caused by something other than Parkinson's Disease, and some of them can be normal for that person. The key to remember is that the symptom is a *change* in the person's normal state. There is no one test to diagnose Parkinson's Disease. If your family doctor suspects Parkinson's Disease, ask to see a neurologist for confirmation and follow-up. Parkinson's is a neurologic disease and a specialist is preferable for both diagnosis and treatment recommendations.

Happy Birthday

Employee's Birthdays

2 - Ruth Negron
10 - Jennifer Cramer
13 - Yomarys Brens
13 - Troy Herzer
15 - Vanessa Clavell
18 - Frances Gibson
19 - Jeanette Showers
20 - Kathryn Youngman



October

Resident's Birthdays

2 - Ethel Kline
4 - Russell Dudley
20 - Harold Nissley

Moved
Thomas
Federowicz

New Residents

Junior Rexrode

Personal Care

Room #25



“Don’t Fall Into Autumn”

October 1st

2:00pm

Multi-Purpose Room

Personal Care & Cottage Residents are invited to join us for a program presented by our physical therapist, Maureen Rudy. She will be discussing a variety of ways to prevent falls, what to do to strengthen your arms and legs, improve your balance and how to keep your home or room safe.

We hope you will be able to join us.

We Remember

Allen Rhine

Family and friends have our sincere condolences



Russell & Christine
Dudley

will celebrate their anniversary on
October 22nd

What's Keeping Us Busy in October?

Compiled by Susanna Varner, Activities Director

Special Music Programs

- 5 - Denise Weaver will be playing hymns on the organ at 10:00am in the Chapel.
- 11 - Sing-a-long with Marlin Hernley and Nelson Evans as they play gospel music on the organ and piano at 2:00pm in the Chapel.
- 14 - Join Sonny and Audrey at 6:30pm in the Multi-Purpose Room for a program of country gospel music.
- 20 - Chub Doster and Hard Times will be singing old time country and gospel song at 2:00pm in the Multi-Purpose Room.

Special Activity Programs

- 5 - Cele Miller will be sharing a program of games and stories relating to Fall Harvest at 2:00pm in the Multi-Purpose Room.
- 8 - The participants of Hope Spring Farms of Hershey will be joining us for an afternoon program of bingo at 1:30pm in the Multi-Purpose Room.
- 13 - The October Birthday party is sponsored by the Newmanstown UC Church members and will be held at 2:00pm in the Dining Room.
- 23 - Friends of All Animals will be visiting room to room with their pets starting at 6:30pm.
- 24 - Hospice for All Seasons will be hosting a Pumpkin Themed Bingo at 2:00pm in the Multi-Purpose Room.
- 27 - Students from Lebanon Valley College will be joining us for a craft at 10:00am in the Multi-Purpose Room.
- 29 - Bonnie Koons will be providing a program of singing, stories and poems relating to fall at 2:00pm in the Chapel.
- 31 - Celebrate Fall by joining our Pumpkin Patch Party at 2:00pm in the Multi-Purpose Room.

Church Services

- 12 - Willie Marshal will be sharing his testimony through his poems at 10:00am in the Multi-Purpose Room.
- 12 - Father Job will be visiting this morning. If you are interested in a scheduled visit from Father Job please contact the activity department.
- 21 - Members of Kauffman's United Methodist Church will be providing a service at 2:30pm in the Chapel.
- 26 - Members of God's Missionary Church will be providing a service which includes congregational singing, special music and a message by Rev. Alan Walter. The service will begin at 10:00am in the Chapel.
- 28 - Service by the members of Providence Mennonite Church at 7:00pm in the Chapel.

Wednesday Evening Services

7:00pm in the Chapel

- 3 - Craig Fenstermacher
Annville UC Church
- 10 - John Ludwig, Jr
Fontana UC Church

- 17 - Gerald Brinser
United Christian Church
- 24 - Eli Eberly
Manada UC Church
- 31 - Marlin Swope
Balsbaugh's UC Church

October Motor Tours

(Weather Permitting)

Personal Care & Cottage Residents

- 3 - Countryside Drive; 1:30pm
- 17 - Shopping at Walmart; 1:30pm
- 25 - Supper at Kauffman's Chicken; 3:30pm

Nursing Residents

Trips may be scheduled at a later date for October

Thank You

We want to thank our friends listed below for their support of our ministry over the past months. These gifts enable this ministry to continue essential services and improve those services for the future.

Anonymous Donors
Mrs. Eileen Kettering
Mrs. Nancy Kreider

Laudermilch Family - In memory of Nancy Laudermilch
Mr. Donald Pankake - In honor of Pauline Post
Ms. Sally Ruby - In memory of Edward M. Keeney

Cottage Resident Meeting

*Tuesday
October 23rd
2:00 pm*


Multi-Purpose Room

*Give your questions,
concerns and ideas to Amber
Carter prior to the meeting*

Bible Talk

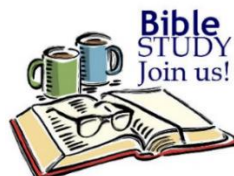
**October 17th
10:00am**

in the Multi-Purpose Room



Countryside will be replacing the existing roof beginning in October. During this time, you may notice workers on the roof and noise when you visit Countryside.

We thank you in advance for your patience in the next month (weather permitting) as this project is being completed.



You are invited to join John Landis for a Bible Study every Monday at 10:00am in the Multi-Purpose Room.

Apple Word Search

Find the food items made with apples

B C D A H A Z S N Q Z U B M B R Y H A L
A A A O P P S R E T T I R F E L P P A R
K P E R P P R R Y K P O P M X V P D E A
E P R F M L L M Z Q A P I R Z L Z H F M
D L B Q D E W E N Q S C F X E Z T W S V
A E E Y T D L W J I E W N T O A E I H B
P C L N Y U Y A R U S Y U A E Q Z P N P
P I P M B M P C P M I R W L P F H O O A
L D P S K P E U L P N C T S L E M A P U
E E A I L L E B L O L I E N R J L P F F
S R Z E P I A X V I U E G I O I L P I R
D E P P F N E E N R N P S F O E Y L P N
R I A F R G R B F A K J N F B P J E S A
E P E T T S L E D U R T S U P B F S C D
A P P L E C O B B L E R T M T K A T S X
S M J B P H E K E R Z T E E J Q N R K C
W W T Q X P Z Z M V E W N L N Y G U N P
Q T W M J K A H F R I K A P A H M D U G
S E L P P A D E I R F F N P I H J E V H
A P P L E S A U C E U U U A N A R L P N

Apple Bread
Apple Butter
Apple Cider
Apple Cobbler
Apple Crisp
Apple Dumplings

Apple Fritters
Apple Juice
Apple Muffins
Apple Pancakes
Apple Pie
Apple Strudel

Apple Turnovers
Applesauce
Baked Apples
Carmel Apples
Fried Apples
Fruit Leather

Personal Care & Cottage Activities Calendar October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: ATR - Activity/Therapy Room CH - Chapel CL - Country Lounge DR - Main Dining Room MPR - Multi-Purpose Room PAV - Pavilion	1	2	3	4	5	6
	9:00 Exercise MPR 10:00 Bible Study MPR 2:00 Don't Fall into Autumn MPR	10:00 Bingo MPR 10:15 Room Visits 1:00 Cottage Exercise Class MPR 2:15 Book Club MPR	10:15 Coffee Cart 1:30 Bus Trip 7:00 Prayer Meeting CH	10:00 Music Hour CL 2:00 Shake Loose a Memory CL 3:00 Camp Meeting on CD	10:00 Organ Music CH 2:00 Fall Harvest MPR	9:15 Exercise MPR 1:30 How Many Words In a Word MPR 6:00 Movie Night CL
7	8	9	10	11	12	13
9:30 Sunday School CH Robert Wine 3:00 Gospel Video CL	COLUMBUS DAY 9:30 Exercise MPR 10:00 Bible Study MPR 1:30 Hope Spring Farms MPR 3:00 Residents Rights Hand Out - Rooms	10:00 Bingo MPR 1:00 Cottage Exercise Class MPR 2:15 Book Club MPR 7:00 Lebanon County Youth Chorus CH	10:15 Coffee Cart 2:00 Manicures CL 7:00 Prayer Meeting CH	10:00 Music Hour CL 2:00 Piano/Organ Music CH	9:30 Exercise MPR 10:00 Poetry Hour MPR 2:00 Trivia CL	9:15 Exercise MPR 2:00 Birthday Party MDR 6:00 Movie Night CL
14	15	16	17	18	19	20
9:30 Sunday School CH Frank Terlaine 3:00 Gaither Music Video CL 6:30 Sonny & Audrey MPR	9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Hillbilly Golf MPR 3:30 Cottagers Social MPR	10:00 Bingo MPR 10:15 Room Visits 1:00 Cottage Exercise Class MPR 2:15 Book Club MPR	9:30 Exercise MPR 10:00 Bible Talk MPR 1:30 Bus Trip 7:00 Prayer Meeting CH	10:00 Music Hour CL 2:00 Pumpkin Craft MPR 3:00 Camp Meeting on CD	9:30 Exercise MPR 10:00 Stories with John MPR 2:00 Bowling MPR	9:15 Exercise MPR 2:00 Chub Doster and Hard Times CH 6:00 Movie Night CL
21	22	23	24	25	26	27
9:30 Sunday School CH Edward Heagy 2:30 Kauffman's UMC CH	9:45 Exercise MPR 10:00 Bible Study MPR 2:00 Bocce MPR	10:00 Bingo MPR 1:00 Cottage Exercise Class MPR 2:00 Cottagers Meeting CH 2:15 Book Club MPR 6:30 Friends of All Animals	10:15 Coffee Cart 2:00 Pumpkin Bingo MPR 7:00 Prayer Meeting CH	10:00 Music Hour CL 2:15 Manicures CL 3:30 Bus Trip	10:00 God's Missionary Church CH 2:00 Parcheesi, Scrabble, Checkers MPR	10:00 Program with LVC Students MPR 1:30 Concentration MPR 6:00 Movie Night CL
28	29	30	31			
9:30 Sunday School CH Nelson Heagy 3:00 Gaither Music Video CL 7:00 Providence Mennonite Church CH	9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Fall Music Program CH	10:00 Bingo MPR 1:00 Cottage Exercise Class MPR 2:15 Book Club MPR	HALLOWEEN 9:30 Exercise GP 10:00 We Remember GP 10:15 PC Coffee Cart 2:00 Pumpkin Patch Party MPR 3:00 PC Walking Club 7:00 Prayer Meeting CH		Word Search Handout Every Friday	Devotions Monday - Saturday 8:20 Main Dining Room

Nursing Activities Calendar October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: ATR - Activity/Therapy Room CH - Chapel CL - Country Lounge DR - Main Dining Room GP - Gathering Place MPR - Multi-Purpose Room PAV - Pavilion	1 9:00 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 2:00 Concentration GP 3:45 Song Time GP	2 9:30 Exercise GP 10:00 Bingo GP 1:30 Manicures GP 3:45 Ring Toss GP	3 9:30 Exercise GP 10:00 We Remember GP 2:00 Memories of Fall GP 3:45 Read & Reminisce GP 7:00 Prayer Meeting CH	4 9:30 Exercise GP 10:00 Music Hour GP 2:00 Shake Loose a Memory GP 3:45 Balloon Volleyball GP	5 10:00 Organ Music CH 2:00 Fall Harvest MPR 3:45 Variety Time GP	6 10:15 How Many Words In a Word GP 3:00 Scripture Reading GP
7 9:30 Sunday School CH Robert Wine 3:00 Gospel Video GP	8 COLUMBUS DAY 9:30 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 1:30 Hope Spring Farms MPR 3:00 Residents Rights Hand Out - Rooms 3:45 Song Time GP	9 9:30 Exercise GP 10:00 Bingo GP 1:30 Theme Cart - Rooms 3:45 Popcorn Toss GP 7:00 Lebanon County Youth Chorus CH	10 9:30 Exercise GP 10:00 We Remember GP 2:00 Jeopardy GP 3:45 Read & Reminisce GP 7:00 Prayer Meeting CH	11 9:30 Exercise GP 10:00 Music Hour GP 2:00 Piano/Organ Music CH 3:45 Table Ball GP	12 9:30 Exercise MPR 10:00 Poetry Hour MPR 2:00 Trivia GP 3:45 Variety Time GP	13 10:15 Cookie Month Wheel of Fortune GP 2:00 Birthday Party MDR 3:45 Chicken Soup for the Soul GP
14 9:30 Sunday School CH Frank Terlaine 3:00 Gaither Music Video GP 6:30 Sonny and Audrey MPR	15 9:30 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 2:00 Hillbilly Golf MPR 3:45 Song Time GP	16 9:30 Exercise GP 10:00 Bingo GP 1:30 Manicures GP 3:45 Balloon Toss GP	17 9:30 Exercise MPR 10:00 Bible Talk MPR 2:00 Penny Game GP 3:45 Read & Reminisce GP 7:00 Prayer Meeting CH	18 9:30 Exercise GP 10:00 Music Hour GP 2:00 Pumpkin Craft MPR 3:45 Balloon Volleyball GP	19 9:30 Exercise MPR 10:00 Stories with John MPR 2:00 Bowling MPR 3:45 Variety Time GP	20 10:15 Jeopardy GP 2:00 Chub Doster and Hard Times CH
21 9:30 Sunday School CH Edward Heagy 2:30 Kauffman's UMC CH	22 9:45 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 2:00 Bocce MPR 3:45 Song Time GP	23 9:30 Exercise GP 10:00 Bingo GP 1:30 Name Game GP 3:45 Bean Bag Toss GP 6:30 Friends of All Animals	24 9:30 Exercise GP 10:00 We Remember GP 2:00 Pumpkin Bingo MPR 3:45 Read & Reminisce GP 7:00 Prayer Meeting CH	25 9:30 Exercise GP 10:00 Music Hour GP 2:00 Table Talk GP 3:45 Balloon Volleyball GP	26 10:00 God's Missionary Church CH 2:00 Table Games GP 3:45 Variety Time GP	27 10:00 Program with LVC Students MPR 3:00 Scripture Reading GP
28 9:30 Sunday School CH Nelson Heagy 3:00 Gaither Music Video GP 7:00 Providence Mennonite Church CH	29 9:30 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 2:00 Fall Music Program CH 3:45 Song Time GP	30 9:30 Exercise GP 10:00 Bingo GP 2:00 Finish the Phrase GP 3:45 Football Toss GP	31 HALLOWEEN 9:30 Exercise GP 10:00 We Remember GP 2:00 Pumpkin Patch Party MPR 3:00 PC Walking Club 3:45 Read & Reminisce GP 7:00 Prayer Meeting CH	Word Search Handout Every Friday	Devotions <u>Monday - Saturday</u> 8:20 Main Dining Room 8:40 Gathering Place	

